



MyPyramid Audio Podcasts

Whole or Refined Grains?

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, I'll be giving you tips you can use everyday to eat right and get active.

[Sound Effects: cash register, supermarket] Not all whole grain bread is made equal! Today we'll help you find your way around the bread aisle -- to make the best choice with your dough. Looks can fool, even when it comes to bread. Brown color does not equal whole grain. Molasses and other ingredients can be used to give the bread that healthy-looking brown color. You need to look at the Nutrition Facts label and Ingredient list to get to the bottom of the loaf. The amount of fiber is shown on the Nutrition Facts label. Also check for the words "whole wheat" or "whole grain" at the beginning of the ingredient list.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. Talk to you next time!